

Fruit Break Policy

Fruit break is a set break during the school day when students can eat fruit (or salad vegetables). This structured break encourages healthy eating practices, while ensuring that children gain the sustenance necessary to keep them alert and energetic during the two-hour morning session. Good practice is a five minute fruit/vegie break, during which time the students get a piece of fruit or vegetable from their bag and eat quietly while continuing with their work at their desk or elsewhere in the learning environment.

Goals:

- Increase community awareness of the importance of healthy eating – in particular, fruit and vegetables
- To promote a positive attitude toward fruit and vegetables

Development and review of the policy:

- Stakeholders will be invited to comment on the policy and provide feedback annually
- The policy will be available through the school website (for parents) and in the Policy section of the Benowa State School OnePortal site for staff access
- Parents and staff will be reminded of the policy through the school newsletter

Guidelines for implementation:

- Guidelines for implementation:
 - A morning fruit/vegie break will be identified in the classroom
 - The Benowa Fruit Break Policy is applicable to all classes participating (P-2 expected)
 - Teachers will encourage students to consume a piece of fruit or vegetable during this time
 - Teachers/staff will model appropriate consumption of fruit/vegies (as applicable)
 - Fruit/vegies: all fresh, canned and dried fruit/vegies permitted (no other foods, including 'lolly'-type fruit such a Roll-ups, fruit in jelly etc)
- ¼ fresh fruit (diced)
- ¼ frozen fruit pieces
- ¼ dried fruit
- ¼ vegetable pieces (eg carrot, celery, zucchini) in slices/sticks
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- Water only to be consumed at this time (as required)